

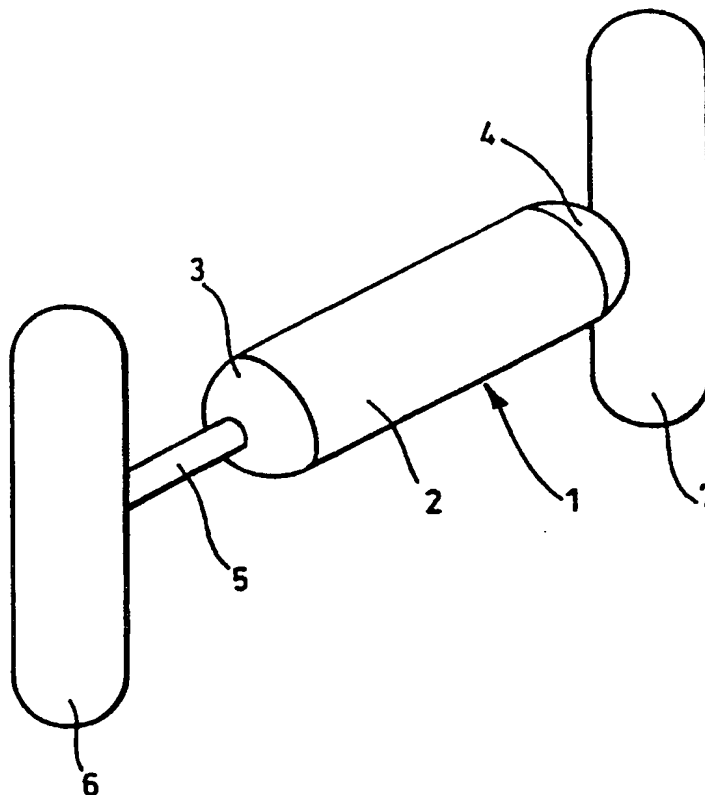


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<b>(21) International Application Number:</b> PCT/GB99/02722 <b>(22) International Filing Date:</b> 18 August 1999 (18.08.99) <b>(30) Priority Data:</b> 9907079.9      27 March 1999 (27.03.99)      GB <b>(71) Applicant (for all designated States except US):</b> POCKET GYM LIMITED [GB/GB]; Corbin Way, Gore Cross Business Park, Bradpole, Bridport, Dorset DT6 3UX (GB). <b>(72) Inventors; and</b> <b>(75) Inventors/Applicants (for US only):</b> PAULL, Colin, Arthur [GB/GB]; 3 Ridwood, Chidock, Bridport, Dorset DT6 6JP (GB). TATTERSHALL, David, Gordon [GB/GB]; Pimlico, Fleet Street, Beaminster, Dorset DT8 3EH (GB). <b>(74) Agent:</b> LLOYD WISE, TREGEAR & CO.; Commonwealth House, 1-19 New Oxford Street, London WC1A 1LW (GB).		<b>(81) Designated States:</b> AE, AL, AM, AT, AU, AZ, BA, BB, BG, BR, BY, CA, CH, CN, CU, CZ, DE, DK, EE, ES, FI, GB, GD, GE, GH, GM, HR, HU, ID, IL, IN, IS, JP, KE, KG, KP, KR, KZ, LC, LK, LR, LS, LT, LU, LV, MD, MG, MK, MN, MW, MX, NO, NZ, PL, PT, RO, RU, SD, SE, SG, SI, SK, SL, TJ, TM, TR, TT, UA, UG, US, UZ, VN, YU, ZA, ZW, ARIPO patent (GH, GM, KE, LS, MW, SD, SL, SZ, UG, ZW), Eurasian patent (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM), European patent (AT, BE, CH, CY, DE, DK, ES, FI, FR, GB, GR, IE, IT, LU, MC, NL, PT, SE), OAPI patent (BF, BJ, CF, CG, CI, CM, GA, GN, GW, ML, MR, NE, SN, TD, TG).  <b>Published</b> <i>With international search report.</i>

**(54) Title:** EXERCISER**(57) Abstract**

An exerciser comprising an elongate body (1) and a resistive mechanism contained within the elongate body (1), the resistive mechanism containing a spring or a pneumatic or hydraulic cylinder and arranged to oppose the insertion of one or more handles (6, 7) into the elongate body (1). The handles (6, 7) are aligned along the axis of the elongate body (1) and at opposing ends. The exerciser is operated by the user forcing the handles (6, 7) towards each other.



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